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IN DAY 2 OF OUR 3-PART SERIES, METRO LOOKS AT WHY PROVINCES ARE PUTTING A HOLD ON FRACKING

PAGES 6 & 7

Bust sends global birth rates tumbling

The number of babies being born hasn't bounced back to pre-recession levels, and that spells economic trouble PAGE 9

Minister offers help in search for schoolgirls

Canada will supply surveillance equipment to help Nigeria find students abducted by extremists PAGE 5

NEWS WORTH SHARING.

THE JOY OF COLOUR

The National Gallery of Canada considers Wanda Koop one of the country's "most distinguished and noted artists." Now, the Winnipeg painter has chosen London as the spot to unveil an important series that, in a sense, helped her regain a special spark she'd lost. Story, page 12. COURTESY KATHERINE KNIGHT

Food truck rents public parking

Mobile food. Licence lets new schnitzel truck operate in municipal lot, while city council has banned on-street parking

London just banned food trucks from public parking, right?

Yes, except for the food truck operating on a city-owned parking lot downtown.

At an intense meeting Tuesday night, amid fears that food trucks might endanger existing restaurants and the jobs they create, council voted against letting them roll onto the streets.

So "refreshment vehicles" are not allowed to use public on-street parking. Meanwhile, a short walk from city hall and a few metres from on-street parking, the new Rotstein Fresswagen schnitzel truck is serving food in a municipal lot on Queen's Avenue.

Its owner, Dustin Hill, has full permission to be there and is paying the city to be there, feeding the meter for three parking spots from 5 a.m. to 2 p.m. And he's closer to restaurants — including Spageddy Eddy's and the London Club — than he would be if he had parked on the street.

"He's got all the approvals," bylaw enforcement manager Orest Katolyk confirmed Wednesday. "This got approved a month ago."

The difference is the type of licence involved.

Council voted against allowing "Class 7" licences for on-street trucks, but the city already allows "Class 5" permits for parking lots.

Hill's truck is the only one on public property. The rest are on private lots.

"The irony is that we have 27 licensed food trucks right now, the vast majority of them in the downtown," Katolyk said. "Some of these locations are a lot closer to restaurants than the parking spots on the streets would have been under the 50-metre proposal."

That proposal, drawn up by staff, would have kept food trucks at least 50 metres from restaurants, but was rejected along with the food-truck pilot program.

Council's decision inspired a delicious protest at lunchtime Wednesday, after Ward 4 council candidate Jesse Helmer put out a call to Twitter followers and led a crowd to the schnitzel wagon and the Goodah Gastro Truck, which rents space on a Farhi Holdings parking lot.

"The demand is there," Helmer said, chewing the last of his schnitzel.

As for Hill, he's disappointed but still giving his business a try, while considering his options.

"I get frequent emails from Waterloo," he said. "I don't mind going there."

MIKE DONACHIE/METRO

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NEWS 1

From walking the beat to walking the hustings

Police officer. Likely to represent Liberals in London-Fanshawe

SCOTT TAYLOR
scott.taylor@metronews.ca

A key face of the London Police Service in neighbourhoods across the city is on a quest to trade in his badge for a suit and a seat at Queen's Park.

Sgt. Marcel Marcellin, the service's diversity officer, has filed nomination papers with the Liberal Party to run as a candidate in London-Fanshawe during the June 12 provincial election, riding president Katherine Charles said Wednesday.

In his role at the police department, Marcellin acts as a bridge between police and various minority groups. During his watch, the police have launched a variety of initiatives to bring them closer to the LGBT, ethnic and other communities.

Charles said Marcellin's candidacy won't be confirmed until Friday at the riding's nomination meeting. But he's the only person who's filed nomination papers, and Charles agreed it's almost a sure shot his name will be on the ballot.

"Some of our party members have been actively involved with him in other capacities, so they knew of him because he has such a public profile," she said, adding she's thrilled with his interest.

She also said Elgin-Middlesex-London may name a Liberal candidate as soon as the end of this week, while former Chris Bentley staffer Nick Steinburg is expected to get the nod in London West.

Marcellin has taken a leave of absence from the police force until at least Election Day, police spokesman Const. Ken Steeves confirmed.

Key faces

Other candidates in London-Fanshawe:

- **NDP:** Teresa Armstrong (incumbent)
- **PC:** Chris Robson

Students and teachers lunge for new Guinness World Record

Students and teachers at Sir John A. MacDonald Public School flooded out of the building and onto the pavement Wednesday as they attempted to set a new Guinness World Record — the most lunges being performed by a group of people at one time for one minute. The current record is 267 people. The school believes they had enough people in sync to break that, but Wednesday's attempt needs to be verified before they can claim victory. SCOTT TAYLOR/METRO

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Paul Jenkins, St. Thomas Elgin General Hospital Foundation executive director, with wife, Sandra Poczoput, pictured as part of the hospital's fundraising campaign. COURTESY OF COLIN BURWELL/EMPTY CUP MEDIA

Foundation hopes balloon inflates fundraising efforts

Growth. St. Thomas Elgin General Hospital in line for $13M expansion

It's an audacious idea, one of those schemes people say might be just crazy enough to work.

Of course, the good people at St. Thomas Elgin General Hospital Foundation know exactly what they're doing and what they hope to reap from launching a large helium balloon 30 kilometres into space.

The plan is to create awareness about the foundation's It's Our Hospital fundraising campaign to help pay for a grand expansion of the facility.

Foundation executive director Paul Jenkins said the campaign is the largest in Elgin County's history.

"This is the largest investment in our hospital since it was built in 1954," he said. "It's a really important thing for all the family and friends that depend on what is increasingly becoming one of the foremost hospitals in the province."

The balloon is the symbolic launch of the campaign.

While about $10 million has been pledged from the provincial, county and municipal governments, the final $3 million will have to come from the public.

"We want to highlight the great performance of our hospital, and we really want the folks from our community ... (to) have a role to play, and we'd love there financial support," Jenkins said.

A payload of artifacts will be sent into orbit with the balloon and the public is encouraged to suggest items that should be included. The scheduled launch is at 1:30 p.m. May 14 at the hospital atrium.

SCOTT TAYLOR/METRO

At a glance

St. Thomas Elgin General Hospital expansion:

- The expansion, expected to be complete in 2017, includes a three-storey tower on the northwest corner of the hospital (189 Elm St., St Thomas).

New CEO chosen for London hospital

Murray Glendining has inked a three-year contract as the hospital's president and chief executive officer. COURTESY OF LONDON HEALTH SCIENCES CENTRE

London Health Sciences Centre has picked a new leader.

Murray Glendining has inked a three-year contract as the hospital's president and chief executive officer.

His salary will be $495,000 — the lowest on the base salary pay range the hospital has established for the post — with a possible annual bonus of up to 20 per cent, based on performance. He'll also get an automobile allowance of $1,400 a month.

Glendining had been filling the job temporarily since former president and CEO Bonnie Adamson announced her retirement in March.

He "was unanimously selected by the board after a very extensive process to consider all potential options," said board chair Ruthe Anne Conyngham. "As a systems thinker, a collaborative partner and a respected advisor in health-care policy in the province, Murray is ideally suited to guide LHSC through the transformation underway in the sector."

Glendining joined LHSC in June 2012 as executive vice-president of corporate services and clinical support. In that role he was responsible for everything from finance to facilities management.

Before coming to London, Glendining spent 10 years as executive vice-president of corporate affairs with Hamilton Health Sciences Centre.

METRO

Parade

London to join National Day of Honour

Londoners will join Canadians across the country on Friday to mark the National Day of Honour.

The events, to recognize veterans of the war in Afghanistan and those killed in the line of duty, begin at 1:15 p.m. and include a parade by 31 Canadian Brigade Group.

The parade starts at Clarence Street and Dufferin Avenue and ends at the Cenotaph.

There will be a moment of silence at 1:30 p.m. followed by a wreath-laying by the sister and brothers of Trooper Mark Wilson, who died in Afghanistan in 2006.

After the service at the Cenotaph, Mayor Joe Fontana will host a reception for veterans. It starts at city hall at 2 p.m.

All veterans of Afghanistan are invited to take part in the day's events.

Details are at celebratecanada.info. METRO

On the web

For more local news go to metronews.ca

PFLAG

Pride London names parade marshal

A Londoner known for helping parents in the LGBT community has been named the grand marshal of this summer's pride parade. Lori Ward earned the honour, in part, for her dedication to the local arm of PFLAG. Formerly called Parents, Friends and Family of Lesbians and Gays, the organization, which operates around the world, started as a support group for people with LGBT loved ones. METRO

Fincore Group. Barriers removed for SoHo development project

A potential problem for one of London's big development projects has been removed.

The SoHo development by Fincore Group involves two towers that will be mixed-use buildings, mainly residential, and council gave the go-ahead last June.

But some property owners were left unhappy because they hadn't yet reached agreement to sell their property for redevelopment. So, they appealed to the Ontario Municipal Board, complaining their rights were being ignored. But now, according to a report headed to Tuesday's planning and environment committee at city hall, the argument is over.

A "settlement between and among the parties" has been reached, it says.

The settlement means the appeal has been withdrawn.

The plans

Fincore Group is planning towers at:

- **56-82 Wellington St.** and 283-299 South St. — 26-storey residential, retail and health-care building.
- **303-323 South St.** and 69-77 Waterloo St. — 18 storeys of residential, with 78 retirement lodges, 130 nursing home units and 65 townhouses.

An OMB document also shows that the Upper Thames River Conservation Authority concerns, about how the development will affect nearby lands it owns, have been "resolved." MIKE DONACHIE/METRO

Medicine. Drop off old, unused prescription drugs on Saturday

London police and the OPP will be hosting collection locations for old and unused prescription medications that are no longer needed.

Prescription Drop-Off Day will be observed Saturday from 10 a.m. and 2 p.m. in London at White Oaks Mall, Cherryhill Village Mall and Loblaws (1740 Richmond St.).

Several locations in Middlesex County will also participate.

Pharmacy technician students from Westervelt College will be volunteering their time to assist at each of the locations.

People wishing to dispose of outdated, unused and unwanted prescription drugs may do so anonymously.

Recent studies indicate 24 per cent of teens reported misusing prescription medications at least once within the previous year.

Most of the teens took the medication from their family homes.

METRO

Statistics Canada

London-St. Thomas building permits nose dive

The overall value of building permits plummeted in London-St. Thomas in March, both on a monthly and year-over-year basis.

Statistics Canada reported Wednesday that the London area saw the third largest drop among 34 census metropolitan areas across the country in March, compared to February.

Behind only Kingston and Kitchener-Cambridge-Waterloo, the value of London building permits fell by 46.9 per cent.

Non-residential building and single-family dwelling construction were behind the decrease.

Compared to the same time last March, the decrease wasn't as dramatic, but it was still significant at 17.6 per cent.

Ontario also fell in March compared to February by 13.7 per cent.

Statistics Canada said the large decrease in Ontario was mainly the result of lower construction intentions for institutional buildings and, to a lesser extent, single-family dwellings and industrial buildings. SCOTT TAYLOR/METRO

Ba-da-bum-bum-ba, she's loving it

Olivia Vander Schelde, 9, eats up the fun Wednesday during the McHappy Day celebration at McDonald's on Highbury Avenue and Hamilton Road. The day saw a portion of proceeds from McDonald's sales donated to Ronald McDonald houses and other children's charities across Canada. Olivia has spent time in the hospital and her family members benefited from accommodations offered at the Ronald McDonald House of Southwestern Ontario in London. SCOTT TAYLOR/METRO

City position needs to be filled: Coun.

Harvey Filger.
London's director of corporate investments and partnerships leaves Friday

MIKE DONACHIE
mike.donachie@metronews.ca

The man who leads London's biggest economic development strategies needs to be replaced quickly, a city councillor says.

Coun. Joe Swan is worried and has suggested that senior city staff are considering leaving the role of director of corporate investments and partnerships unfilled when Harvey Filger, who has resigned for another opportunity, leaves on Friday.

"I get the sense the civic administration doesn't see the world as I do," said Swan, who's chair of council's investment and economic property services committee.

"I want a senior staff member on our team who is a community partnership person."

So when will Filger be replaced?

"We've posed that question to (city manager) Art Zuidema," Swan said. "I think the position is vital."

The city has a range of agencies working on economic development, Swan said, including the London Economic Development Corp., TechAlliance and more, but city agencies and departments operate separately as "silos." Zuidema and Filger did not respond to requests for comment.

Political future

Despite media reports Wednesday night, Swan insisted he isn't running for mayor.

- He said he won't make a decision on his political future until after the council meeting on June 9, which is expected to deal with major economic development issues.

London rail crossings to get upgrades

Four rail crossings in London will get a lighting upgrade as the federal government doles out money to mark Rail Safety Week.

Crossings at Green Valley Road, Dingman Road, Westminster Road and Glanworth Road will have LED lights installed, replacing the existing incandescent lights.

LED lights are brighter and easier to notice when flashing.

Along with a project in Central Elgin, the work represents a $24,000 investment at the crossings.

It comes as part of Transport Canada's Grade Crossing Improvement Program, which helps upgrade rail crossings based on traffic volume and accident history.

Almost half of all railway-related deaths and injuries result from accidents at crossings, the government says.

Studies have shown that accident rates fall by up to 69 per cent and fatality rates dip by up to 80 per cent after grade crossing improvements are completed.

METRO

Canada pledges to help find kidnapped girls

Women attend a demonstration Tuesday calling on the government to rescue the kidnapped school girls outside the defence headquarters in Abuja, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS

'Repugnant act.'

Foreign Affairs Minister John Baird says that Canada will supply surveillance equipment to help with the search

In the messy world of competing international interests, Foreign Affairs Minister John Baird decided Wednesday that the fate of hundreds of abducted teenage girls in Nigeria would come before all else.

Baird pledged Canada's unwavering support to help free the female students abducted by Islamic extremists, a tragedy that has now gripped the world.

Canada will supply surveillance equipment to help Nigeria find the girls, even though it has long-standing concerns about the country's human rights record, the Harper government said Wednesday.

Baird made clear that any loans of Canadian military hardware to Nigeria would be accompanied by Canadian military personnel to operate it.

"We obviously would have concerns, with Nigeria, with their human rights record and many issues," he said.

Without mentioning it specifically, Baird appeared to be referencing Nigeria's law that further criminalizes homosexuality. The Same Sex Marriage Prohibition Act criminalizes homosexual clubs and organizations, and carries a maximum 14-year prison term.

That said, Canada wants to do everything it can to help rescue the hundreds of girls aged 12 to 15 who were kidnapped by an Islamic extremist group, called Boko Haram, from a school in Nigeria three weeks ago, Baird said.

"This has been a foreign policy priority for Canada. The rights of women, the rights of girls, the campaign against early marriage ... gender violence and terrorism is obviously something which is a huge concern for us," Baird explained.

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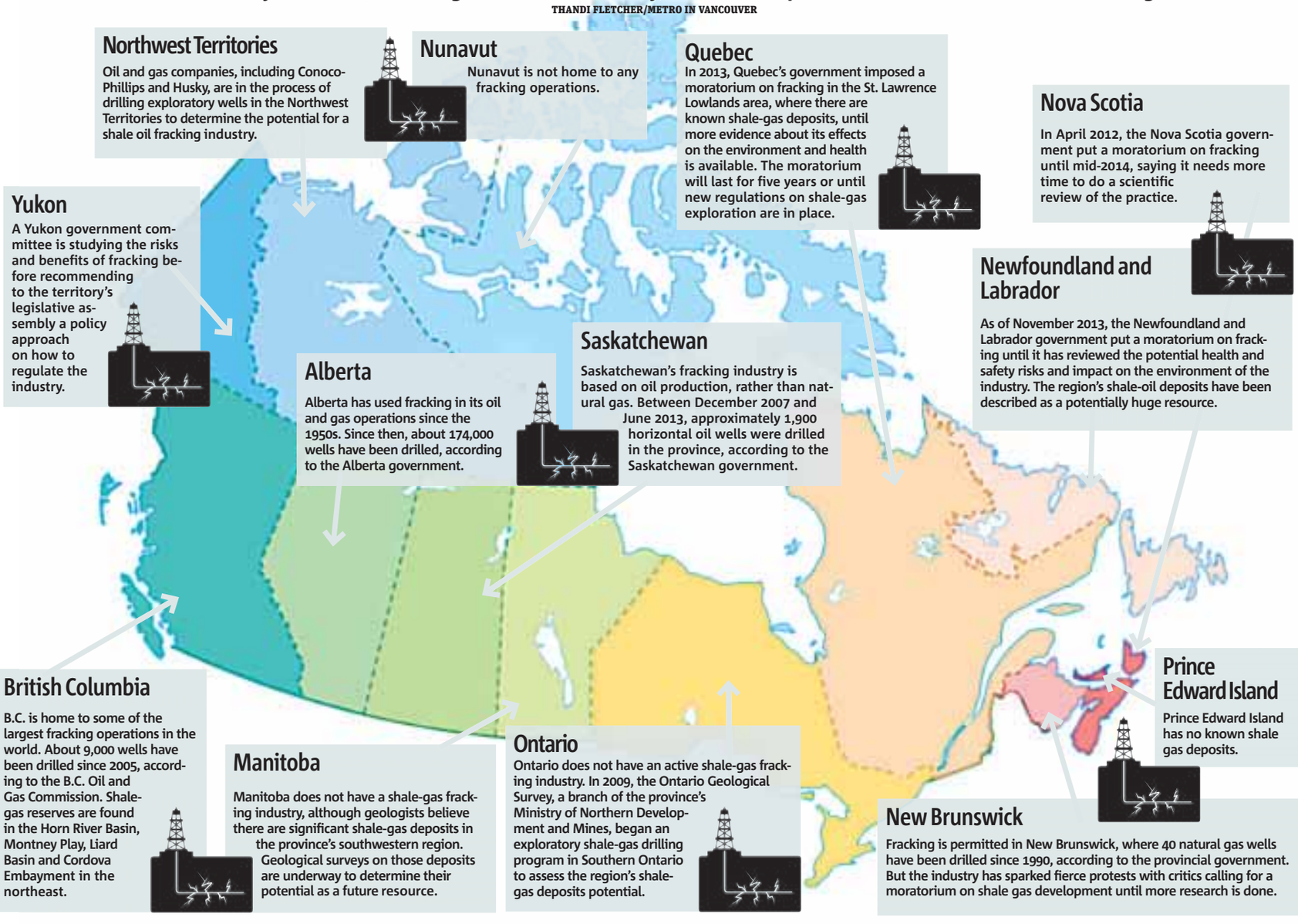
Tracking Canadian fracking

Metro's look at the controversial practice of fracking continues with Day 2 of our three-day feature. While it's booming in B.C., other provinces have been more cautious, imposing moratoriums until there's more evidence on its health-and-safety effects. Many countries, including France and Germany, have also imposed bans or moratoriums on fracking.

THANDI FLETCHER/METRO IN VANCOUVER



Northwest Territories
Oil and gas companies, including ConocoPhillips and Husky, are in the process of drilling exploratory wells in the Northwest Territories to determine the potential for a shale oil fracking industry.

Nunavut
Nunavut is not home to any fracking operations.

Quebec
In 2013, Quebec's government imposed a moratorium on fracking in the St. Lawrence Lowlands area, where there are known shale-gas deposits, until more evidence about its effects on the environment and health is available. The moratorium will last for five years or until new regulations on shale-gas exploration are in place.

Nova Scotia
In April 2012, the Nova Scotia government put a moratorium on fracking until mid-2014, saying it needs more time to do a scientific review of the practice.

Yukon
A Yukon government committee is studying the risks and benefits of fracking before recommending to the territory's legislative assembly a policy approach on how to regulate the industry.

Newfoundland and Labrador
As of November 2013, the Newfoundland and Labrador government put a moratorium on fracking until it has reviewed the potential health and safety risks and impact on the environment of the industry. The region's shale-oil deposits have been described as a potentially huge resource.

Saskatchewan
Saskatchewan's fracking industry is based on oil production, rather than natural gas. Between December 2007 and June 2013, approximately 1,900 horizontal oil wells were drilled in the province, according to the Saskatchewan government.

Alberta
Alberta has used fracking in its oil and gas operations since the 1950s. Since then, about 174,000 wells have been drilled, according to the Alberta government.

British Columbia
B.C. is home to some of the largest fracking operations in the world. About 9,000 wells have been drilled since 2005, according to the B.C. Oil and Gas Commission. Shale-gas reserves are found in the Horn River Basin, Montney Play, Liard Basin and Cordova Embayment in the northeast.

Manitoba
Manitoba does not have a shale-gas fracking industry, although geologists believe there are significant shale-gas deposits in the province's southwestern region. Geological surveys on those deposits are underway to determine their potential as a future resource.

Ontario
Ontario does not have an active shale-gas fracking industry. In 2009, the Ontario Geological Survey, a branch of the province's Ministry of Northern Development and Mines, began an exploratory shale-gas drilling program in Southern Ontario to assess the region's shale-gas deposits potential.

Prince Edward Island
Prince Edward Island has no known shale gas deposits.

New Brunswick
Fracking is permitted in New Brunswick, where 40 natural gas wells have been drilled since 1990, according to the provincial government. But the industry has sparked fierce protests with critics calling for a moratorium on shale gas development until more research is done.

The industry

Concerns and safety

After nearly a decade on the inside of what was once B.C.'s largest natural gas company, Robert Falls is well aware of some people's wariness of the oil and gas industry.

"It's very much in our nature to characterize them as arrogant or uncaring or evil," he said. "If you're Joe Public and you're looking at that industry, it's huge, it's powerful, it's ... intimidating."

But, in his experience, that assessment is simply not fair. Energy companies are concerned about the environment, and the health and safety of people living near oil and gas operation sites, he said. It's in their best interests to make it a priority or they wouldn't be able to keep operating, he said.

But, Falls said, despite the industry's best efforts to reduce the risk of disaster, things can and do go wrong. He believes energy companies need to do a better job of mitigating that risk and listening to the public's concerns.

A Green Light for Safety

During his tenure in the 1990s as manager of the environment division of Westcoast Energy, now operating as Spectra, Falls said his team had the green light to do "whatever had to be done" to safeguard the health and safety of people in the communities in which they operated.

"I don't think people realize how much time, effort and money is spent on managing environmental, health and safety issues," he said.

That sentiment is echoed by industry leaders, who claim the health and safety of residents living near fracking sites is a top concern.

Andy Calitz, chief executive officer for LNG Canada, the entity behind a proposed liquefied natural gas project in the northwestern B.C. town of Kitimat, said energy companies are constantly studying fracking and its impact on water and air quality.

The environment

"Are there concerns? Yes, we are at all times sensitive to our environmental impact."

Andy Calitz, chief executive officer for LNG Canada

"Are there concerns? Yes, we are at all times very sensitive to our environmental impact," he said. "It is high on our agenda."

Geoff Morrison, manager of B.C. operations for the Canadian Association of Petroleum Producers, said the organization is trying to do a better job of assuring the public about the industry's practices.

"We recognize there is a broad concern about an

Tricks of the gas trade

Fracking 101. Northern Lights College in B.C. teaches students the ins and outs of working the fields — and staying safe

EMILY JACKSON
Metro in Vancouver

Stacy Smith is the dean of a program at Northern Lights College that trains field operators and power engineers. MATT KIELTYKA/METRO

The best time to frack is in the dead of winter.

Temperatures drop to -45 C, but to drill to gas trapped in shale in Northeastern British Columbia's Montney Play, rigs must be set up when the region's swampy muskeg is frozen so they don't sink.

Some city dwellers have perceptions that natural gas is a fast way to riches. Who can blame them? With the government promising billions in royalties from extracting gas and shipping it to yet-to-be-built liquefied natural gas (LNG) plants on the coast and then to Asia.

But that simply isn't the case.

"It's not a quick buck," explains Stacy Smith, program chair of trades at the Northern Lights College, during a tour of the simulated wellsite at the Fort St. John campus. Smith is the dean of a program that trains field operators and power engineers to drill, operate and monitor wells. Safety is his top goal.

"A huge amount of time and skill goes into making sure the gas is safe to move and use for everybody — it is not a simple process."

Yet it's the process that will power B.C.'s push for LNG plants. For every billion spent on the LNG facilities, $3.86 billion will be spent upstream, according to Fort St. John, B.C., mayor Lori Ackerman.

Not much is known about the long-term effects of fracking, a technology that dates back to the 1950s but exploded in use since 2000. But concerns are mounting about chemicals seeping into groundwater, methane escaping into the air, seismic activity and flaring of sour gas.

What they learn

Natural gas is one of the cleanest burning fossil fuels, but it's tough to get to, Smith says as he walks through the facility where, annually, 48 students train.

It requires a massive amount of energy. Once a well is drilled deep enough and sealed with concrete to prevent ground water contamination, water, sand and chemicals are pumped down to horizontally fracture the land and release the shale gas.

The gas bubbles up to a wellhead with pressure monitors and an emergency shut down valve. It can be "pretty nasty" when it comes out of the ground — if it contains hydrogen sulphide, it can kill. It can't be cleaned up. Instead, it's burned off in a process known as flaring.

Students learn to remove the hydrogen sulphide and to dehumidify the gas. After these processes, the product is mostly methane and ready to sell.

Why we frack

"It's the nature of the beast, it's the only way to access the shale gas," Smith says.

Some regions, including Quebec, have banned fracking.

"They don't want to take the chance, I think, to have the contamination potentially happen," he said.

But it's riskier in places with shallow shale formations, also known as plays. B.C.'s plays are deep — between 1,700 and 4,000 metres below the surface — compared to Quebec's (500 to 3,300 metres deep), according to the National Energy Board.

There are strict regulations around sealing wells to ensure chemicals don't leak into the ground water.

"The people that are up here, they're just like me and you. They're family people, they have kids, they don't want to see their water contaminated."

What can go wrong

"It's like anything that can go wrong," Smith said, especially operations involving massive machinery with moving parts.

Sometimes it's circumstances, sometimes there's a flaw that's missed, sometimes it's human error.

Technology improves safety, he says, pointing to emergency shut down valves that close automatically or electric monitors that alert a production facility immediately if something is wrong.

"As much as it kind of runs smoothly, there's always glitches that happen all the time, so somebody has to be there to fix them," he said. "Things break."

On opportunities

There's a two-year waitlist to get into the program, where graduates can expect starting salaries of $65,000 a year plus a healthy dose of overtime.

Even though job prospects are good, a lot hinges on the expected demand from the LNG plants.

"Everybody's sort of in this holding pattern, you know, kind of waiting," he said.

industrial process people aren't familiar (with) or is new to them," he said.

"Things Do Go Awry"

Still, Falls said the industry is not perfect. During his seven years at Westcoast Energy, Falls recalls one pipeline rupture — a sour gas leak near Fort Nelson, B.C. Fortunately, it was "very small," he said, and was quickly brought under control.

But the incident still underscores the risks associated with the industry, he said. "It doesn't matter how many studies have been done or how thoroughly they have been undertaken," he said. "Things do go awry."

"It's Not Going to Go Away"

Falls encouraged residents of communities where fracking is taking place to "ask the hard questions" to companies about emergency preparedness plans. But the industry also needs to do a better job at listening to community concerns, he said.

That's more important than ever, he said, as demand for fossil energy continues to rise. Even if there were to be strong public pushback against gas development in B.C., "that wouldn't change what the world is going to do," he said.

"If we don't supply it, somebody else is going to supply. We have to get better and we have to continuously improve because it's not going away."

THANDI FLETCHER/METRO IN VANCOUVER, WITH FILES FROM CAM TUCKER

MORE IN OUR FRACKING SERIES

Friday

- **Cautionary tale.** Alberta ranchers warn British Columbia to heed warnings.

Online

- **Photo and map.** Stacy Smith takes us on a tour.

In pictures

1 Covering up. What's a wellhead?

Heavy-duty wellheads are placed atop holes after drilling is complete. The blue attachment on the right is an emergency shutdown valve that cuts off the gas supply in case of a fault in the system. ALL PHOTOS MATT KIELTYKA/METRO

2 Expensive operation. Rigs

This $6-million rig uses a kelly drive to bore into the earth and get to the shale gas. It used to be operational, but companies donated it to the Northern Lights College wellsite training facility.

3 Getting it out. Jacks that pump

A pump jack helps move oil out of the ground if there's not enough pressure for it to flow naturally.

4 Fine balance. Reading wellheads

Field operators measure pressure readings on wellheads to ensure it isn't too high (could indicate a potential explosion) or too low, which means the gas won't move through the pipelines.

5 The final step. Removing the deadly stuff

Once gas comes out of the ground, it must go through a variety of buildings and pipes to remove any deadly hydrogen sulphide and to be dehumidified.

Abortion opponents not welcome to run for Liberals: Trudeau

Politics. Party leader insists future candidates will be expected to 'vote pro-choice' on any bills

Justin Trudeau speaks in the House of Commons in Ottawa Wednesday. CHRIS YOUNG/THE CANADIAN PRESS

Justin Trudeau says opponents of abortion need not apply to run for the Liberal party in the next election, and if they do, the Liberal leader says they'll be weeded out during the vetting process for nomination applications.

"As a party, we are steadfast in our belief … that it is not for any government to legislate what a woman chooses to do with her body, and that is the bottom line there," Trudeau said Wednesday.

"I have made it clear that future candidates need to be completely understanding that they will be expected to vote pro-choice on any bills."

Exceptions will be made, however, for incumbent opponents of abortion who became MPs before the party officially adopted a pro-choice stance, such as Toronto MPs John McKay and Judy Sgro.

Their beliefs will be "respected to a certain extent," Trudeau said, "but our position as a party is we do not reopen that debate."

Trudeau revealed the party's new hard line on abortion one day before the annual "March for Life," in which thousands of abortion opponents are expected to descend on Parliament Hill.

Trudeau said the evolution of the party position was cemented last year when Liberals "chose a resolutely pro-choice leader with over 80 per cent of the support of membership."

THE CANADIAN PRESS

Coupland's honour is selfie-explanatory

Author Douglas Coupland snaps a selfie as he is made an Officer of the Order of Canada by Gov. Gen. David Johnston during a ceremony at Rideau Hall in Ottawa on Wednesday. The selfie, inset, was later posted on Coupland's Twitter feed. SEAN KILPATRICK/THE CANADIAN PRESS; INSET: TWITTER

Farley Mowat dead at 92

Farley Mowat was fondly remembered Wednesday for captivating generations of schoolchildren with books such as Owls in the Family and Never Cry Wolf, and for his legacy as a defender of the environment who "spoke for whales and seabirds, for tadpoles and mosses."

"He was possessed of a ferocious talent, able to write stories that provoked laughter, tears and action," Green Party leader Elizabeth May added in a statement after news broke of Mowat's death at age 92. "We owe him more than I can say."

Farley Mowat THE CANADIAN PRESS FILE

Mowat died Tuesday night in his hometown of Port Hope, Ont., his assistant Mary Shaw-Rimmington said.

The author was an "absolutely delightful person" who had "strong opinions that he would fight for to the death if he had to," said friend Stephen Smith.

"A highly, highly principled man, extremely generous with his time and his wealth. Just a gem, a diamond in the rough," he added. "I think we all felt that it was a real, real privilege to have them as friends, and they were truly good friends."

THE CANADIAN PRESS

Up-to-date scores

Canada TOP 5

1. 178 points Saudah-Toronto
2. 155 points Niramay-Toronto
3. 141 points Phally-London
4. 131 points Ritik-Vancouver
5. 129 points Salvatore-Toronto

metro AR

See this symbol? You can scan the photo above with your Metro News app to play the game. The top 5 winners in Metro will be contacted by May 16th and will win a Canadian Olympic Committee blanket. Subject to terms and conditions outlined in game. QC not eligible.

THE CANADIAN CLUB OF LONDON

Terry Fallis, award-winning author of ***The Best Laid Plans***, ***The High Road*** and ***Up and Down***, will be launching his fourth book, ***No Relation***, at the lunch on May 20, 2014.

May 20TH @ 12:00PM

Terry Fallis, An Unorthodox Journey to the Published Land
Lunch @ Hilton London

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No baby boom after the bust this time around

Birth of fear. Like the Great Depression, after the Great Recession in 2008, the birth rate fell around the world and it has yet to recover

In this 1930 file photo, a nurse holds a baby in Philadelphia. When the economy falls, like it did in the '30s and 2008, the birth rate also falls.
THE ASSOCIATED PRESS FILE

The financial crisis that followed the collapse of U.S. investment bank Lehman Brothers in 2008 did more than wipe out billions in wealth and millions of jobs. It also sent birth rates tumbling around the world as couples found themselves too short of money or too fearful about their finances to have children. Six years later, birth rates haven't bounced back.

For those who fear an overcrowded planet, this is good news. For the economy, not so good.

We tend to think economic growth comes from working harder and smarter. But economists attribute up to a third of it to more people joining the workforce each year than leaving it. The result is more producing, earning and spending.

Now this secret fuel of the economy, rarely missing and little noticed, is running out.

"For the first time since World War Two, we're no longer getting a tailwind," says Russ Koesterich, chief investment strategist at BlackRock, the world's largest money manager. "You're going to create fewer jobs ... wage growth will be slower."

Births are falling in China, Japan, the United States, Germany, Italy and nearly all other European countries. Studies have shown that births drop when unemployment rises, such as during the Great Depression of the 1930s. Birth rates have fallen the most in some regions that were hardest hit by the financial crisis. THE ASSOCIATED PRESS

Short on time? Perhaps that's due to spending it all watching YouTube, Netflix

Anglophone Canadians are now spending almost a third of their time online watching video, according to a report by the Media Technology Monitor.

In a survey with 4,009 English-speaking Canadians conducted between Oct. 7 and Dec. 1 of last year about 75 per cent of the respondents said they watched some online video monthly.

Two-thirds of them said they regularly watched videos on YouTube, 42 per cent streamed TV content, 34 per cent sat down for full movies, 29 per cent used Netflix, and 26 per cent said they watched news and sports videos.

While mobile streaming is growing, most were still using a computer to watch online video.

About 83 per cent of those polled said they use a laptop or desktop computer to access online video, while about one in three sometimes use a smartphone and one in four stream with a tablet or Internet-connected TV.

MTM noted that in particular, watching TV shows on non-computer devices grew significantly between 2012 and 2013. THE CANADIAN PRESS

About 10% of world is gay

In Nintendo's Tomodachi Life 0% of the avatars are gay

A screenshot from the video game, Tomodachi Life. THE ASSOCIATED PRESS

Nintendo isn't allowing gamers to play as gay in an upcoming life simulator game.

The publisher of such gaming franchises as The Legend of Zelda and Mario Bros. said Tuesday it wouldn't bow to pressure to allow players to engage in romantic activities with characters of the same sex in English editions of Tomodachi Life.
THE ASSOCIATED PRESS

Market Minute

DOLLAR
91.79 (-0.13)

TSX 14,656.40 (+44.11)

OIL $100.77 US (+$1.27)

GOLD $1,288.90 US (-$19.70)

Natural gas: $4.74 US (-$0.05)
Dow Jones: 16,518.54 (+117.52)

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THE MOTHER OF ALL HOLIDAYS

HE SAYS

John Mazerolle
metronews.ca

Mother's Day was always a special event in my parents' household, because it meant I was attempting to be an adult on a scale I've never quite recaptured in my adulthood.

Back then I bought flowers, wrote my own cards, and picked out gifts, including a large, framed stock photo of a rose on a keyboard that would have been an amazing gift if my mother was the manager of a Super 8.

I even — and this is why it's always been The Mother of All Holidays in my mind — tried to cook.

If I were to add up the number of times in my life where I attempted to prepare a full meal, it's likely Mother's Day would be responsible for at least five of them — so around half the meals I've ever cooked have been for Mom.

That's the kind of outstanding son I am.

Now I live in a different city and, like most adult sons, I make a point on Mother's Day of letting my mother know that I exist and that I know she exists, too.

This seems to touch her deeply.

I suppose it's better than leaving bread crumbs and runny yolk on her bed sheets.

Focusing on love instead of buying something saves Mom and I from the crass commercialization of yet another Hallmark holiday, while coincidentally saving me from the high price of a Hallmark card. Mommy dearest, indeed.

I've compiled some numbers to show the big business that Mother's Day has become.

I think you'll find the stats as surprising as I did when they occurred to me in a fever dream.

A fever dream of research.

Mother's Day By The Numbers:

1: Average number of mothers per lifetime, per person in Canada.

$23.2 billion: Amount that is expected to spent on Mother's Day this year in North America.

$23.1 billion: Amount that will go to the richest 1 per cent of mothers.

63: Per cent of U.S. mothers who will get food stamps in bed.

7.2: Average number of carnations required for a mother to believe her child loves her.

890,000: Number of pre-written cards with Mother's Day poetry rhyming love, glove, dove and above.

4: Number of pre-written cards with Mother's Day poetry rhyming love and shove.

100 per cent: Amount KFC, Taco Bell and other corporations love mothers, according to their Twitter feeds.

10,000: Number of awwws about to ring out around Canada.

0: Mother's better than mine.

ZOOM

Boo-boos are hard to bear

Mango, a 19-year-old male Syrian brown bear, rests on a bed as zoo veterinarians and staff prepare him for surgery in the Ramat Gan Zoological Center's animal hospital near Tel Aviv, Israel, Wednesday. The 250-kilogram bear was going into surgery to repair a herniated disc in his back after it was discovered in an X-ray. ARIEL SCHALIT/THE ASSOCIATED PRESS

Syrian bear goes in for surgery

In Israel, a 19-year-old Syrian brown bear named Mango underwent surgery Wednesday to repair a herniated disc, said Sagit Horowitz, a spokeswoman for the Ramat Gan Zoological Center near Tel Aviv.

Zoologists first noticed Mango had a problem when he started to show signs of paralysis in his hind legs, said Dr. Merav Shamir, who led the surgery on the furry patient.

THE ASSOCIATED PRESS

They've got his back

"It started acutely," said Shamir. "He wasn't able to move his right hind limb and it progressively deteriorated over the following 48 hours to become completely paralyzed on the hind limbs."

"I'm nervous now — I'll be happier in a few hours," Shamir said before the hours-long surgery began.

"I wish him luck."

Veterinarians will know in the coming weeks whether Mango makes a full recovery.

THE ASSOCIATED PRESS

A potential lifesaver

Such procedures aren't uncommon at the Ramat Gan Zoological Center, the premier zoo of Israel. Last year, veterinarians there used acupuncture to cure the chronic ear infection of a 14-year-old Sumatran tiger.

- Shamir said other bears with a similar disc problem have been euthanized. The surgery Mango underwent is novel for bears, though it's often performed on small dogs.

METRO AUGMENTED REALITY

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metro AR

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In this issue, you can find AR enhancements on page 14 in Life and page 17 in Sports

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MetroTube

Watch this guy touch the sky

ANDREW FIFIELD
metronews.ca

Fighter pilot tends to join gigs like astronaut and race car driver on the list of cool jobs many of us, at least once, said we'd have when we grew up.

Of course, life intervened and shuffled most of the many onto other career tracks while the few stuck it out long enough to achieve the white-knuckle life.

We don't know if the younger version of photographer Blair Bunting had similar dreams, but at least he got to take to the skies in a USAF Thunderbirds F-18 for one day. And his cooler-than-ice handling of it was all captured on rather dizzying video.

SCREENGRAB

(Via Jaron Schneider on YouTube)

metro

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Fiesta SE model shown

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Focus Titanium model shown

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Fusion SE model shown

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- INTEGRATED BLIND SPOT MIRRORS
- TORQUE VECTORING CONTROL
- HILL START ASSIST

2014 ESCAPE S

Escape Titanium model shown

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$750	$144**
$1,500	$140**

STANDARD FEATURES

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- AIR CONDITIONING
- 6-SPEED SELECTSHIFT® TRANSMISSION
- REMOTE KEYLESS ENTRY
- 7 AIRBAGS
- TRACTION CONTROL
- 6-SPEAKER AUDIO
- TIRE PRESSURE MONITORING SYSTEM
- FLAT LOAD FLOOR

UNEXPECTED FEATURES

- INTEGRATED BLIND SPOT MIRRORS
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Taxes payable on full amount of purchase price after total manufacturer rebate has been deducted. Offers include freight and air tax but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. **Until June 30 2014, receive 0.99% APR purchase financing on new 2014 [Fiesta S Hatch/ Focus S/ Fusion S/ Escape S] models for up to 84 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: 2014 Ford [Fiesta S Hatch/ Focus S/ Fusion S/ Escape S] for $13,198/ $14,948/$22,818/$25,178 (after $0 down payment or equivalent trade-in, and $2,500/$2,500/$500/$750 Manufacturer Rebate deducted) purchased financed at 0.99%/0.99%/2.99%/1.99% APR for 84 months, monthly payment is $163/$185/$302/$322 (the sum of twelve (12) monthly payments divided by 26 periods) gives payee a bi-weekly payment of $75/$85/$139/$149), interest cost of borrowing is $470/$531/$2,506/$1,819 or APR of 0.99%/0.99%/2.99%/1.99% and total to be repaid is $13,650/$15,470/$25,298/$27,118. Same 2014 Fiesta S Hatch/ Focus S/ Fusions S/ Escape S FWD example scenario with $750 down: monthly payment is $154/$176/$292/$314 (the sum of twelve (12) monthly payments divided by 26 periods) gives payee a bi-weekly payment of $71/$81/$135/$145), interest cost of borrowing is $443/$505/$2,423/$2,195 or APR of 0.99%/0.99%/2.99%/ 1.99%, and total to be repaid is $12,922/ $14,742/$24,570/$26,390. Down payment may be required based on approved credit from Ford Credit. All purchase finance offers include freight and air tax and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ◊Offer only valid from May 1, 2014 to June 30, 2014 (the "Offer Period") to resident Canadians with an eligible Costco membership on or before April 30, 2014. Receive $500 towards the purchase or lease of a new 2014/2015 Ford Fiesta (excluding S), Focus (excluding S and BEV), C-MAX, and $1,000 towards all other Ford models (excluding Raptor, GT500, Mustang Boss 302, and Medium Truck) each an "Eligible Vehicle"). Limit one (1) offer per Eligible Vehicle purchase or lease, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. Applicable taxes calculated before offer is deducted. Dealer may sell or lease for less. Limited time offer. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFP). ^Estimated fuel consumption ratings for the 2014 Fiesta 1.6L I4 5-Speed Manual or 6-Speed Automatic, 2014 Focus 2.0L I4 5-Speed Manual, 2014 Fusion FWD 2.5L 6-Speed SST, 2014 Escape 2.0L GTDI I4 6-Speed Automatic. Models shown: 2014 Fiesta ST 1.6L GTDI I4 6-Speed Manual: 7.6 L/100km City and 5.6 L/100km Hwy; Fuel consumption ratings based on Transport Canada-approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. *Based on year-end 2010, 2011, 2012 and 2013 total sales figures for light vehicles in Canada from DesRosiers Automotive Consultants Inc. (and Canadian Vehicle Manufacturers' Association data exchanged by OEMs). ‡Based on 2007 – 2013 R. L. Polk vehicle registrations data for Canada in the Large Premium Utility, Large Traditional Utility, Large Utility, Medium Premium Utility, Medium Utility, Small Premium Utility, and Small Utility segments. ◆Based on highway driving in a 2014 Fiesta 1.0L GTDI I3 6-Speed Automatic and estimated fuel consumption ratings of 6.2L/100km City and 4.3L/100km Hwy using Government of Canada-approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ^Claim based on analysis by Ford of Polk global new registration for CY2012 for a single nameplate which excludes rebadged vehicles, platform derivatives or other vehicle nameplate versions. ©2014 NBA Properties, Inc. ©2014 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2014 Ford Motor Company of Canada, Limited. All rights reserved.

SCENE 2

‘If you can think creatively, you can survive anything’

Wanda Koop. Two never-before-seen series by renowned artist show her re-entry into the world of colour

BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

Winnipegger Wanda Koop in front of her piece called Blanket, part of her new photography/painting exhibit Interplay on display at the Michael Gibson Gallery, 157 Carling St. until May 31. CONTRIBUTED

She had lost her sense of colour, and was painting in shades of black and white. Putting this new body of work together was her way back into the world of colour.

“I had a period where I couldn’t think in colour. For me, it’s kind of like losing your sight. It has happened twice in my life during tragedy or something unfortunate that happens in my life,” says Wanda Koop, one of Canada’s most distinguished and inventive artists with a career spanning three decades and over 50 solo exhibitions throughout the world.

Now Wanda Koop’s never-before-seen series, Interplay — the prints that helped restore her sense of colour — and Strata, vibrant bursts of new energy that celebrate her renewed vision, are showing at London’s Michael Gibson Gallery.

Each work in Interplay reaches into Koop’s visual vault to pair archival photographs and paintings to create visual poems. Here, the two mediums merge and expand on each other through colour, composition or subject.

“So often in one painting I’m trying to imbue all of what I’m thinking about, and it’s next to impossible. Through the photos I’ve taken, I can now give another layer of information,” says Koop, who was born in Vancouver in 1951 to Russian Mennonite immigrants who had lost everything in the revolution.

Blanket is one of her new compositions.

It pairs her painting Bay Blanket Moon with a photograph of blankets hanging on a school fence. She snapped it in Winnipeg after returning home from a show in Toronto, where the Bay Blanket Moon painting was featured. The two pieces bear an uncanny resemblance.

“I was sitting in the front room of my studio and there’s this whole group hanging out at the school ground. I love downtown Winnipeg, and I’m very aware of homeless situation and the demographic,” she says. “I’ve always had the idea in the back of my head that natives gave away their land for blankets ... It rained a torrential downpour and they had to leave. They left their blankets hanging on the fence and one was red with a black line across the bottom.

“I was very touched by what I saw,” says Koop, who is also known for her social activism, most notably for setting up Art City in Winnipeg — a centre dedicated to free arts education for all ages.

“For 16 years I travelled and lived on reserves and taught kids art. For me, if you can think creatively, you can survive anything.”

Her exhibition runs until May 31 at the Michael Gibson Gallery.

Quoted

“Our philosophy is that for every hockey arena, there should be an arts centre.”

Wanda Koop, visionary Canadian artist and founder of Art City in Winnipeg, a centre dedicated to free arts education. As the child of a family who had lost everything in the Russian Revolution before coming to Canada, the free art classes she received at the Winnipeg Art Gallery changed her life.

Around town

Get arty: Framing the Phoenix is an art exhibition brought to you by the Mental Health Promotions Committee of London. It runs from May 6-17 at The Arts Project (203 Dundas St.).

- Tunes: The Hidden Cameras are playing Call The Office (216 York St.) on Friday. Doors open at 9 p.m. Cover is $10.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

George Clooney ALL PHOTOS GETTY IMAGES

Just call him groomzilla? George is set on walking down the aisle this fall

If you think George Clooney's surprise engagement to Amal Alamuddin came quickly, just wait until the save-the-date cards go out. Clooney is reportedly wasting no time in tying the knot, with a fast-approaching wedding date, according to Radar Online.

"The wedding is to take place in September," a source says. "They've told family and friends they will only disclose the location at the last minute, and it will be very private. Neither George nor Amal want the wedding to be a public affair — and her family doesn't, either."

And the wedding isn't the only bit of planning on the fast track, as Clooney and Alamuddin "definitely want kids ASAP," the source says.

Biebs cozies up to Miami model after spotting her on Instagram

Justin Bieber's on-again, off-again relationship with Selena Gomez must really be off again, as the pop star apparently has been cozying up to 18-year-old Miami-based model Yovanna Ventura, according to E! News.

Bieber apparently first spotted Ventura on Instagram and reached out to her, meeting up with her when he was in Miami in April and then this month in Las Vegas before heading to L.A., where they were spotted acting "like a couple" on the Venice Beach boardwalk.

Justin Bieber

The Word

Tabloid pays price for J.K. Rowling 'sob story' claim

A British tabloid has apologized and paid damages to Harry Potter author J.K. Rowling over an article about her time as a single mother.

Rowling brought a libel case against the Daily Mail after it alleged in an article in September that she told a false "sob story" on how people at her church stigmatized and taunted her for being a single mother on welfare. The newspaper report was based on an essay Rowling wrote for a charity describing her experiences some 20 years ago.

The paper printed an apology Wednesday stating that Rowling in fact did not make any false claims. The paper said it had agreed to pay "substantial damages" and legal costs to Rowling, who will donate the money to charity. THE ASSOCIATED PRESS

Miley Cyrus

Miley recovering from sudden illness with 'crazy honey and lavender'

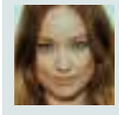
Miley Cyrus is just fine, y'all. The Wrecking Ball singer resumed her world tour in London after a sudden illness landed her in the hospital and caused her to cancel dates for three weeks.

But before she took to the stage, Cyrus wanted to make sure everyone knew that reports she'd suffered a drug overdose were false. "I didn't have a drug overdose. I took some s—ty antibiotics that a doctor gave me for a sinus infection and I had a reaction," she said at a press conference at London's O2 Arena before her return performance. "I'm feeling good, I'm alive — so that's f—ing awesome. I'm the poster child for good health." She's even taken drastic steps to maintain her health: "I'm on this crazy vitamin rush and crazy honey and lavender. I learned a lot about taking care of myself."

Twitter

@JamesFrancoTV
"50 shades of batman and robin w/ Spider-Man"

@pattonoswalt
Totally just saw the green dragon from GAME OF THRONES drinking at Little Dom's.



@oliviawilde
This year, instead of attending the "Met Ball", I leaked milk, and ate an entire napkin while inhaling a felafel.

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SHOPPERS DRUG MART

See that symbol? It means you can scan this photo with your Metro News app to see a video montage of Lindsay Ellingson strutting her stuff on the Victoria's Secret runway.

LIFE 3

PLUS HOMES

Tips from the lips of an Angel

Model management. From hot-power yoga sessions to facial massages for breakouts, Lindsay Ellingson shares all her tricks

ROMINA MCGUINNESS
Metro World News

We've all had those moments: You want to get rid of bloat in a week's time for a big event or need to turn your complexion around in 24 hours for a big job interview. With a long list of big-time catwalks including Chanel, Chloé and Prada, and five years as a Victoria's Secret Angel under her belt, model Lindsay Ellingson has become a master at solving a beauty problem quickly. She reveals some of her tricks for looking fresh:

Start on the inside

"You can just tell when a girl looks sick or is too thin. I get light-headed and my energy fades. It's good to eat lots of clean, hearty meals so that you're not starving yourself — something like chicken, sweet potato and broccoli. I don't like putting food in my body that makes me feel toxic, so I always carry almonds in my purse. I'll eat a cheeseburger if I want one, but I'll just balance it out with a green juice. I eat less sugar, it just helps my skin glow and stops my energy levels from spiking."

Put the Starbucks runs on pause

"I love cold-pressed, iced black coffee but caffeine is dehydrating so I drink Kusmi Detox tea instead."

CONTRIBUTED

Add some heat to your yoga

"I've been doing hot power yoga four times a week and feel more toned than ever. It's not as hot as Bikram — I tried that once and almost passed out! Be in tune with your body and listen to it — if you're tired, it's OK to rest."

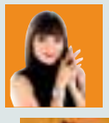
Hydrate well, inside and out, to fake a solid night's sleep

"I need about nine hours of sleep but I've learned to function with much less. I would fly overnight to Milan, arrive in the morning and go straight to 14 appointments — that's your job. So I started to sleep with an eye mask or take some melatonin (during flights). And drink lots of water. When you wake up dehydrated, your skin feels horrible. So I would put on the SKYN Iceland Hydra Cool Firming Eye Gels, roll an ice cube around my eye zone and spritz my face with the Heritage Store Rose Petals Rosewater — it helps me look awake"

When all else fails, copy the makeup artists

"I've definitely arrived super tired and broken out on the last day of the Paris shows. Thankfully the makeup artists are amazing when it comes to erasing signs of fatigue. They'll give a face massage using the Embryolisse Lait-Crème Concentré face cream to increase the blood flow to your face and use eye drops for extra sparkle. I also like to use Ling Drying Lotion on a pimple at night and it'll be gone by the time you wake up."

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Ready to strut it! Backstage @TorontoFashion #NewLabels show

Lunch with @LaureenHarper at 24 Sussex Dr to brainstorm ideas for CDN Centre for Child Protection. NeedHelpNow.ca

The latest Accuweather forecast is predicting a cool summer after this insane winter, but let's not let that stop us from thinking about swimsuit season. Go online to Trends Report to see the latest styles in long-sleeved swimwear, and let me know, would you choose a sleeved suit over a barely there bikini?

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo via Getty Images

Spell out love for Mom — literally

Monogram. There are plenty of ways to personalize gifts for Mom and her home this Mother's Day

This blanket comes in either acrylic or cashmere, and the trim and initial can be had in a wide range of colour options. GIRLYTWIRLY.COM/THE ASSOCIATED PRESS

Thanks to modern technology, we're now able to monogram just about anything, cheaply and easily. Teens can initial their water bottles, kids can get their names on lunch boxes, dads have their own golf balls, and moms ... well, let's take a look at some fun, personalized gift ideas for her.

Mohair do

Pottery Barn offers lofty and light faux-mohair throws in a palette of soft hues, embroidered with an initial — perfect for summer's air-conditioned rooms. If Mom's lucky enough to have a quiet space of her own, consider giving her a lettered linen pillow or a pretty art piece with a monogrammed initial on linen, framed in alder wood. Simple, paperwhite-scented soaps etched with Mom's initial would make a nice-smelling gift for her bathroom. (potterybarn.com)

Bath genius

Or consider an initialed acacia-wood bath caddy, with spots for a beverage, phone, and an e-reader or book. A luxurious linen throw can be embroidered with either hot-pink or lime-green thread. Or get really creative: Come up with everybody's favourite things about the family matriarch, then order a personalized love letter on canvas for her that's titled "Dear Mom"(redenvelope.com).

Tray chic

Jonathan Adler loves a monogram. His chic, initialled Lucite trays in Acapulco and Bargello prints kick up the modern vibe. Adler's also carrying New York artist Trey Speegle's customized vintage pop alphabet collages, which incorporate whimsical elements like vintage paint-by-number art. (jonathanadler.com)

Lily Pulitzer-print acrylic trays with Mom's initials in the centre would make pretty yet practical gifts for entertaining or to hold fragrances or trinkets. For her home office, consider a magnetic note board covered in an elegant black-and-white damask print. (thestationerystudio.com)

Give glamour a twirl

Girly Twirly's got a wide range of fun gifts that can be monogrammed. Chinoiserie and preppy-print cutting boards, umbrellas and unscented candles are part of the product mix. Also here: laser-cut monograms in unfinished wood that you can paint or decorate yourself and hang with ribbon on doors, windows or anywhere Mom wants to make her mark. (girlytwirly.com)

Inscribe garden tools for green-thumbed Moms. WILLIAMS-SANOMA/THE ASSOCIATED PRESS

Garden goddess

For the gardening mom, check out Williams-Sonoma's monogram-able gardening tools, including Sophie Conran's potting scoop, and a chic copper trowel. (williams-sonoma.com)

San Francisco designer Jennifer Morla offers her signed typographic giclee prints exclusively through personalized gift retailer Mark & Graham. She composes her pieces using a variety of fonts and mid-century elements.

Also at Mark & Graham are linen shower curtains, chambray pillow shams, and a selection of totes for Mom to take to work, tennis or weekends at the cottage.

Dash off a letter

Mark & Graham spokesperson Michelle Bowler says the newest monograms have a fresh, refined look. "Our library's top sellers are balanced between modern and classic designs. Sans-serif fonts like Neutra, and single letter initials are popular," she says.

People are also adding their own elements like, dots, lines, circles and parentheses. (markandgraham.com)

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Intense flavours of Palestine

This recipe serves four. STEVE PAINTER

Chicken, Onions and Sumac with Pitta Bread. These bites are served as a street snack by tucking the ingredients into a pouch

1. Preheat the oven to 180 C (350 F)

2. Heat olive oil and butter in a heavy-based pan and stir in the onions. When they begin to soften, add garlic and fry until the onions turn golden brown.

3. Add the chicken and cook for 2–3 minutes, before stirring in most of the sumac, cardamom and baharat mix.

4. Add the lemon juice and cook gently until the chicken is tender but still juicy. Toss in most of the pine nuts and parsley and season to taste with salt and pepper.

5. Place the pita halves on the prepared baking sheet. Pop them in the preheated oven for about 10 minutes to toast them. Fill the toasted pouches with the chicken mixture, top each one with a dollop of yogurt and scatter the reserved sumac, pine nuts and parsley over the top. Serve immediately.

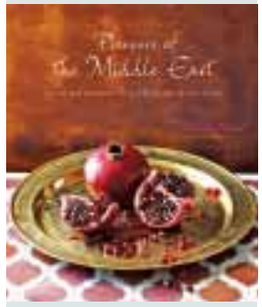
FLAVORS OF THE MIDDLE EAST BY GHILLIE BASAN (RYLAND PETERS AND SMALL, $35.95; RYLANDPETERS.COM)

Ingredients

- 2 tbsp olive oil with a knob/pat of butter
- 2 onions, sliced
- 2-3 garlic cloves, crushed
- 700 g (1 3/4 lbs) chicken breasts, cut into bite-size strips
- 2-3 tsp ground sumac
- 1 tsp crushed cardamom seeds
- 1-2 tsp baharat mix
- freshly squeezed juice of 1 unwaxed lemon
- 2 tbsp toasted pine nuts
- a small bunch of fresh flatleaf parsley, finely chopped
- sea salt and black pepper
- 4 pita breads, halved cross-ways to form 8 pockets
- 4 generous tbsp thick yogurt
- baking sheet, lightly oiled

Cookbook of the Week

A culinary Middle Eastern trek



Flavours of the Middle East by Ghillie Basan showcases dishes you would encounter should you travel the ancient lands of the region. With feature spreads profiling the essential ingredients and more than 60 authentic recipes, the book makes it easy to prepare exotic fare at home. You'll start with appetizers like Hot Hummus with Samna, make your way to main courses with Poached Fish with Saffron, throw in some veggies like Fried Carrot and Fennel and end with sweets like Noah's Pudding. **METRO**

metro

TODAY'S HOROSCOPE:

Neptune is suggesting that now may be the perfect time to get the Metro News App

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Download the Metro News App today at metronews.ca/

Snack. Halloumi with Figs, Olives and Zahtar

This recipe serves four people. STEVE PAINTER

Ingredients

- 3-4 tbsp olive oil
- 250 g (8 oz) plain halloumi, well rinsed and cut into thin, bite-size slices
- 4-6 dried figs, cut into thin slices
- 2 tbsp crinkled, fleshy black olives
- 1-2 tbsp grape or date molasses
- 1-2 tbsp zahtar
- a sprinkling of sea salt
- 1 lime, cut into quarters

"Salty and firm, halloumi is a fairly versatile cheese from the eastern Mediterranean. In Lebanon, Syria, and Cyprus (Turkish and Greek) it is made with cow's milk and matured in whey, sometimes combined with nigella seeds, mint or thyme," writes Ghillie Basan in Flavours of the Middle East.

1. Heat the oil in a heavy-based saucepan. Add the halloumi and fry for 4–5 minutes until golden-brown all over. Drain on paper towels.

2. Tip the halloumi onto a serving dish, scatter the sliced figs and olives over and around it and drizzle the grape molasses over the top. Sprinkle with zahtar and a little salt to taste and serve immediately, while the halloumi is still warm, with wedges of lime to squeeze over it.

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4 SPORTS

St. Louis Blues

Hitchcock inks 1-year extension

The St. Louis Blues have extended coach Ken Hitchcock's contract through next season, though there will be some staff changes.

Assistant coaches Brad Shaw and Ray Bennett also will return. A third assistant coach, Gary Agnew, and goaltending coach Corey Hirsch are not being retained.

The 62-year-old Hitchcock led the Blues to a franchise-record 52 victories this season and has taken them to the playoffs all three of his seasons. He's 124-55-20, a franchise-best .673 winning percentage, and is seventh on the NHL career list with 657 wins. THE ASSOCIATED PRESS

Philadelphia Flyers

Ex-goalie Hextall named Philly GM

Ron Hextall got his "dream job."

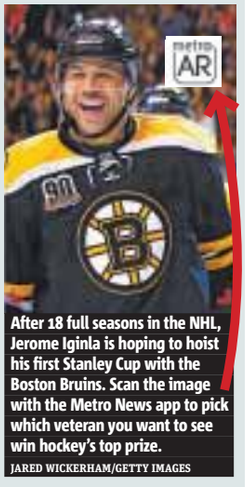
Hextall was promoted to general manager by the Philadelphia Flyers on Wednesday to replace Paul Holmgren, who was elevated to president. Hextall is Philadelphia's all-time winningest goalie and served as assistant GM last year.

"When I was done playing 15 years ago, my next goal was to become a general manager," Hextall said.

THE ASSOCIATED PRESS

Metro poll

Which Cup-less vet needs it most?



After 18 full seasons in the NHL, Jerome Iginla is hoping to hoist his first Stanley Cup with the Boston Bruins. Scan the image with the Metro News app to pick which veteran you want to see win hockey's top prize.

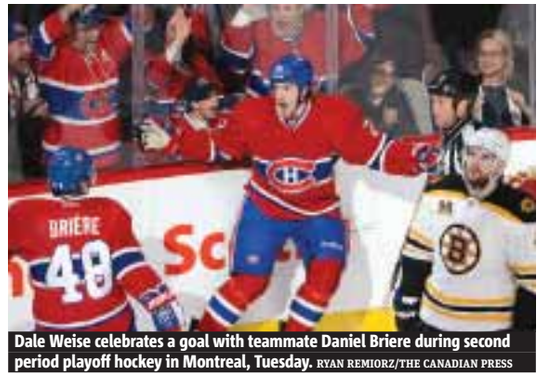
JARED WICKERHAM/GETTY IMAGES

Penguins look to tighten hold on series lead

Pittsburgh Penguins winger Chris Kunitz manoeuvres the puck in front of New York Rangers goalie Henrik Lundqvist in the first period of their second-round playoff game at Madison Square Garden in New York, Monday. For more on the game, go to metronews.ca. KATHY WILLENS/THE ASSOCIATED PRESS

Habs fans give it up for the Weise man

NHL playoffs. Forward making his mark after being dumped by the Canucks mid-season



Dale Weise celebrates a goal with teammate Daniel Briere during second period playoff hockey in Montreal, Tuesday. RYAN REMIORZ/THE CANADIAN PRESS

Dale Weise is finding out what it's like to be a Montreal Canadien when they're winning in the springtime.

The city groaned when general manager Marc Bergevin sent defenceman Raphael Diaz to the Vancouver Canucks for the little-known Weise on Feb. 3, but now the energetic fourth-line right-winger is becoming a folk hero.

His breakaway goal in Game 3 of the Eastern Conference semifinal on Tuesday night became his second game-winner of the playoffs as the Canadiens downed the rival Boston Bruins 4-2 to take a 2-1 lead in the best-of-seven series.

Weise had scored in overtime in the first game of an opening round sweep of the Tampa Bay Lightning.

His first taste of his newfound fame came this week when he was out for a stroll with his fiancée, with seven-month-old son Hunter in a stroller.

"This car pulled over right on the sidewalk," Weise said Wednesday. "The guy was in the driver's seat and I was on the right side.

"In the middle of the green light he reached across and he's banging on the window and yelling. My fiancée's like, 'What is this guy doing?' She's freaking out, and he's giving me the thumbs up. It was pretty outrageous."

Weise will have a chance to grow his legend even more in Game 4 on Thursday night at the Bell Centre, as the Canadiens attempt to put a choke hold on the series.

Taking a lead on the favoured Bruins has built a considerable buzz in Montreal, but a series in which Boston has looked overwhelming at times is far from over.

The Canadiens blew 2-0 and 3-2 leads before winning in overtime in the series opener. Then they wasted a 3-1 lead by conceding four third-period goal in a 5-3 setback in Game 2 in Boston.

"This is such a huge rivalry," said Weise. "When (we) meet in the regular season it's looked at like a playoff matchup. It's such a cool thing to be a part of." THE CANADIAN PRESS

Tough luck, Torts

In his third season in Vancouver, Weise was ignored by coach John Tortorella, but landed on his feet as a regular fourth liner in Montreal.

PGA

Scott looking out for No. 1

As much time as Adam Scott spends away from the PGA Tour, this might have been a good week to take off.

By the mathematical wonder of the world ranking, Scott could have stayed in The Bahamas this week and still moved to No. 1 in the world ranking provided three other players had an ordinary week at The Players Championship.

"See you later," Scott said with a laugh when told of the scenario.

Scott would love to get to No. 1 for the first time in his career, though he's more interested in winning big tournaments. Besides, he has squandered chances at Bay Hill and the Masters to replace Tiger Woods atop the ranking.

What adds to the interest on the TPC Sawgrass is Henrik Stenson, Bubba Watson and Matt Kuchar each have a mathematical chance to reach No. 1 for the first time as well.

THE ASSOCIATED PRESS

Premier League

Man City draws close to title

Manchester City scored four goals in the final 26 minutes to beat Aston Villa 4-0 on Wednesday, moving the team two points clear in the Premier League and realistically needing only a draw from its last match to win the title.

City made it 100 goals for the campaign as Edin Dzeko netted two close-range finishes in the 64th and 72nd minutes before Stevan Jovetic added a third in the 89th and Yaya Toure rounded the victory in injury time.

THE ASSOCIATED PRESS

Vincent Kompany of Manchester City performs a bicycle kick against Aston Villa Wednesday. MICHAEL REGAN/GETTY IMAGES

The wait is over for top college recruits

NFL. Draft day is finally here with plenty of intrigue at top of board

Jadeveon Clowney just wants it to be over already.

The NFL's first May draft gave everyone a little more time to critique the prospects and try to figure out who is going where and when.

No player has been more scrutinized than Clowney, the defensive end from South Carolina whose every move has been analyzed since he ended his sophomore season with a helmet-removing hit against Michigan.

"I've been tired of it. I wish the draft was two or three weeks ago," Clowney said Wednesday after playing flag football with grammar-school kids at the NFL's Play 60 festival at a park on the west side of Manhattan.

The Houston Texans have the first pick and Clowney could be their guy. Or maybe they'll take a quarterback, such as Johnny Manziel. Or maybe they'll trade the pick.

The NFL has given fans two extra weeks to ponder these questions. The draft is usually held in April, but some scheduling conflicts at Radio City Music Hall caused the NFL to push it back. Commissioner Roger Goodell said that it's too soon to say whether May drafts are here to stay.

This year's draft finally gets underway Thursday night. Rounds 2 and 3 are Friday night. It concludes with four rounds Saturday, when there will likely be more intrigue than usual. Missouri linebacker Michael Sam, who made public that he is gay back in February, is projected to be a possible late-round selection. THE ASSOCIATED PRESS

Will the Houston Texans select Jadeveon Clowney with the first overall pick tonight in the NFL draft? GETTY IMAGES FILE

SPECIAL INSERT ON MAY 12

Watch for your copy of **RIDE** in METRO on Monday, May 12.

From its top-selling Civic and booming assembly plants in Alliston to the Toronto Indy races and its new Green Car of the Year, Honda and Canada are a good fit for one another. Read all about it in our 12-page **Honda RIDE** special section.

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Horoscopes

♈ Aries
March 21 - April 20
You are not the kind to turn away someone who is down on their luck, but watch out you don't get conned by a sob story. Sadly not everyone is as honest as you, so check the facts before thinking of parting with cash.

♉ Taurus
April 21 - May 21
You may be a bit hesitant today but that's OK. The thing to remember is that the cosmos is very much on your side so you can afford to take a risk.

♊ Gemini
May 22 - June 21
You are entitled to your own space and if others find that hard to understand then they are not very smart. Give yourself some time to meditate on and plan for the future.

♋ Cancer
June 22 - July 23
No matter what happened and who was to blame there is no point regretting what happened yesterday because you can't go back and change it. What you can do is to make tomorrow better.

♌ Leo
July 24 - Aug. 23
It's good that you know how to be assertive but the planets warn you must not go too far. If you break the rules over the next 24 hours, someone higher up the ladder than you will make you pay for it.

♍ Virgo
Aug. 24 - Sept. 23
You have nothing to worry about but for some reason you have this feeling of impending disaster. Most likely it is just your mind playing tricks on you — and even if it isn't, what happens will be no big deal.

♎ Libra
Sept. 24 - Oct. 23
Whatever else you do over the next 24 hours don't cut corners, because you won't get away with it. Resist the temptation to do anything dishonest, because you really don't need to.

♏ Scorpio
Oct. 24 - Nov. 22
The Sun in your opposite sign of Taurus means, among other things, that you have to put up with people who annoy you. Don't be tempted to argue with them because if you do, the situation may get out of hand.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't think badly of yourself if you have to admit that you have failed to reach a target. The fact is you tried and that alone makes you a hero.

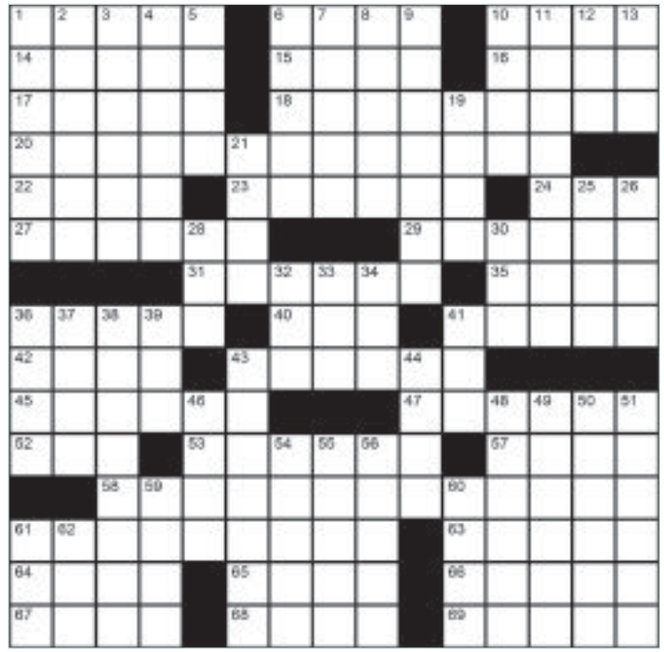
♑ Capricorn
Dec. 22 - Jan. 20
Most things seem to be going well for you and that's good, but the planets warn you must not get too content and drift along without trying. When things are going good, you should be aiming for great.

♒ Aquarius
Jan. 21 - Feb. 19
Don't worry if you lose out over the next 24 hours because you will more than make up for it later in the month. If something seems to be slipping from your grasp let it go.

♓ Pisces
Feb. 20 - March 20
Steer clear of disputes that have nothing to do with you. The more others try to draw you into an argument, the more you must keep your distance. That applies especially to friendships and money – they don't mix. **SALLY BROMPTON**

Crossword: Canada Across and Down

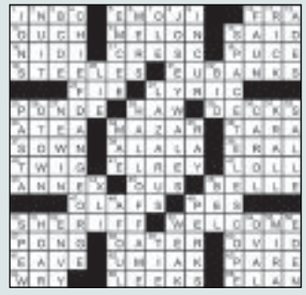
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1."Hey! I bet you can't..." sayer
6. Basketball: Miami __
10. Caesar's 2101
14. Singer Ms. Cara
15. Paris pronoun
16. Mil. school
17. Georgia, for one
18. Is there any of 'it' out 'there' somewhere?: 2 wds.
20. Montreal-based UN Agency... ICAO = International __ __ Organization
22. Conniver
23. Minify
24. "Conan" cable network
27. Current
29. Official study
31. Patrick _. __ (Zoe Saldana's Canadian co-star in NBC's miniseries adaptation of #58-Across)
35. "Makes sense.": 2 wds.
36. Chesterfields
40. Ms. Hagen
41. Do additional tailoring
42. "__ cost you!"
43. Like a rose
45. Commercial area of Venice
47. Trojan hero
52. Approx.
53. Speechmaker
57. Jazz singer Ms. Fitzgerald
58. Ira Levin's 1967 scary bestseller: 2 wds.
61. Surname of the married couple portrayed by the stars at #31-Across
63. Rock band, Death Cab for __
64. 'Refer' suffix
65. _._. __ Canadian (Currency conversion choice)
66. Margarines
67. Ritzy retailer, __ Fifth Avenue
68. Swinger's supplies?
69. Never happened or existed

Down
1. __ Throw (Decathlon event)
2. Emily Carr, for one
3. Plunderer, archaically
4. Whole
5. Merry dance
6. Yo-__-ho! (Hoist, sailors, hoist!)
7. Arthur __ Awards (Crime Writers of Canada annual honours)
8. Handle
9. Shifts stableness
10. Saint-__ (1491 birthplace of French explorer Jacques Cartier)
11. Canadian apple
12. Li'l lunchtime locale
13. 'Chlor' suffix
19. Three squared
21. Alfred Hitchcock's wife played by Helen Mirren in "Hitchcock" (2012)
25. Marcia's "Desperate Housewives" role
26. From __ to stern
28. Backstreet Boys member Mr. McLean's
30. __ chart
32. "Well, obviously!"
33. _ __ Z
34. Wreck
36. "Your majesty."
37. Mr. Redding
38. Newfoundland town
39. __-inclusive
41. __ bread
43. Removed, as a newspaper story: 2 wds.
44. Not
46. "__.0", airing on MuchMusic
48. Dusty space cloud
49. Uplifts
50. Great Britain's archaic name
51. Declare, Bible-style
54. Create cheeriness
55. Flavour
56. Sweet 'sandwich' snacks
59 Venerated verses
60. Flat-bottomed vessel
61. Mr. Craven
62 "Bird __ _ Wire" (1990)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5	9			8	1			7
			4			8		3
				7				
	8		6				4	
		9				3		
	2				8		5	
				1				
7		4			5			
8			2	6			7	9

Yesterday's Sudoku

7	1	6	3	9	2	8	5	4
5	9	3	8	4	1	2	6	7
2	4	8	7	5	6	1	3	9
1	6	9	4	2	3	5	7	8
3	8	2	5	1	7	9	4	6
4	5	7	9	6	8	3	2	1
6	3	1	2	7	9	4	8	5
8	7	5	1	3	4	6	9	2
9	2	4	6	8	5	7	1	3

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